

5 A Day Recipes

Main Courses

Warm Tomato-Pepper Pasta

Serves 4

- ½ cup green onion, thinly sliced
- 2 Tbsp. olive oil
- 3 cups (1.5 pounds) tomato, seeded and diced
- 2 Tbsp. parsley, chopped
- 1/8 tsp. cayenne pepper
- 1 tsp. garlic, finely chopped
- 1 large red bell pepper, diced finely
- ½ cup Parmesan cheese, grated
- ¼ tsp. pepper
- 8 ounces dry linguine or spaghetti

Sauté onion and garlic in oil until soft. Add red bell pepper and sauté until tender-crisp, about 2 minutes. Stir in tomato and cook over high heat until juices evaporate. Stir in cheese and next 4 ingredients: reserve. Cook pasta and drain well.

Toss hot pasta with reserved tomato mixture. Serve immediately or at room temperature.

This is an official 5 A Day recipe, and provides four people with two servings of vegetable each.

Nutritional Analysis

Calories: 373

Fat: 11 g

Cholesterol: 8 mg

Fiber: 4 g

Sodium: 205 mg

% Calories from Fat: 27%